



CAN THE ANTIRETROVIRAL THERAPY EFFECTIVENESS BE CONNECTED WITH TREATMENT SIMPLIFICATION?



Joana Ferreira, Ana Marta Jorge, Catarina Oliveira, Fábio Glória, José Branco, Mariana Carvalho, Sara Cândido, Sónia Moreira, Carla Ferrer

Hospital Pharmacy, Vila Franca de Xira, Portugal

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OBJECTIVES

The role of clinical pharmacist is to optimize treatment plans, patient adherence, as well as to detect adverse drug reactions (ADR), improving quality of life.

The study pretend to compare the analytical evolution, ADR and adherence of naive patients, with regimens of "multiples pills" (RMP) versus fixed-dose combinations (RFD).

METHODS

The study was a retrospective analysis of the naive patients diagnosed and treated with antiretroviral drugs (ART) between June 2014 to June 2015, in which 5 naive patients got excluded. Variables studied were:

- prescribed ART
- therapy start date
- viral load and CD4 counts.

This information was registered on EXCEL® file. The protocols were based on Portuguese Guidelines (2).

Monthly, each patient was questioned about ADR, and to evaluate adherence we registered the date of ART delivery.

RESULTS

This study included 31 patients, 26 treated with RMP and 5 had RFD. We detected 11 ADR, 73% of these were related with RMP, and 1 patient needed to switch medication because of the ADR.

After 3 months of treatment, 55% of them achieved undetectable viral load. Analyzing the protocols, 12 patients with RMP obtained undetectable viral load versus 4 patients with RFD.

After 6 months of follow-up the results were inconclusive, but 68% patients achieved an adherence up to 95%.

Regarding the average value of adherence, the RMP patients got 92% versus 100% of RFD patients.

DISCUSSION / CONCLUSIONS

The adherence and efficiency studies of RMP and RFD allow us to conclude that therapy simplification supports better clinical results. Our analysis makes clear that RFD has a benefic impact on patients and compliance.

It must be borne in mind that a small universe and few sustainable results may undermine the hypothesis that fixed-dose drugs improve tolerance in all aspects and increase life expectancy.

The development of fixed-dose combinations is becoming increasingly important, showing to be safe and effective, and improving the patient adherence.

REFERENCES AND/OR ACKNOWLEDGEMENTS

(1) Andreia Carlos et al. Diagnóstico da Infecção VIH-o que mudou em 10 anos. Revista da Sociedade Portuguesa de Medicina Interna, 2015

(2) Recomendações Portuguesas para o tratamento do VIH-1 e VIH-2, versão 1.0, 2015

No potential conflict of interest to disclose.